



VOLUME 67 • NUMBER 3 • FRIDAY, JAN. 25, 2019



Airmen from the 19th Security Forces Squadron spend time with their families as they prepare to deploy from Bill and Hillary Clinton National Airport in Little Rock on Jan. 15. Team Little Rock Airmen deploy from Little Rock Air Force Base to locations around the world in support of our allies.

# BLACK KNIGHTS MOVE AT SPEED OF WAR

PAGES 8-10

## INNOVATION COMPETITION ANNOUNCED

The 19th Airlift Wing announces local Spark Tank-style competition for Airmen to turn their innovative ideas into actionable proposals.

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## REMEMBERING MLK JR.

Team Little Rock members participate in remembrance walk, hear guest speakers in honor of Martin Luther King Jr. and his principles and ideas.

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## LRAFB JOINS FIGHT AGAINST

### THE OPIOID CRISIS

Active-duty and veteran service members are at an increased risk of opioid abuse when compared to the civilian population due to the higher level of chronic pain and mental health disorders.

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## The fight tomorrow: 19 AW announces innovation competition

By Col. Gerald A. Donohue

19th Airlift Wing commander

We talk a lot about innovation and the absolute necessity for it to be able to meet the challenges of our day. What is the spirit that drives innovation? What kind of Airman is it who moves the organization forward?

It has been said that the most exciting phrase in science is not “Eureka! I found it!” but rather, “That’s funny...” because discoveries can come from the areas we least expect. Much in the same spirit, the greatest strides in innovation do not necessarily start out as grand ideas. Often times, they start as small adaptations, driven by necessity, which turn out to have unforeseeable and substantial impacts beyond their original scope.

In order to prep for the fight tomorrow, we need actionable, innovative ideas that will affect how we operate in the future. We need Airmen-led solutions that improve our effectiveness in providing combat airlift, especially in a contested environment. That starts with Airmen, supported by their leadership, who have a creative spirit and an understanding of appropriate risk.

The call is out now. We are looking to the Airmen of the 19th Airlift Wing to give us ideas for our own local competition modeled after Spark Tank. Between now and mid-March, we are asking you to develop those ideas into actionable proposals. Submissions will go to the group level by March 6 for feedback, and will be presented to a panel on March 13 that includes both senior leaders and junior Airmen to decide how to best allocate innovation funds among the proposals.

We spend a lot of time operating in two spheres ... the fight today and the fight tomorrow. I continue to be impressed by how you get the mission done today. This is a chance to put an eye toward the horizon and ensure our resilience as combat airlifters for tomorrow. I can’t wait to see what you come up with!

## Virtual and augmented reality could hold key to future Air Force training

By Tech. Sgt. Daryl Knee

Air Combat Command Public Affairs

JOINT BASE LANGLEY-EUSTIS, Va. (AFNS) – A demonstration of how virtual reality and augmented reality (VR/AR) can benefit Air Force training processes took place Jan. 8.

The demonstration was geared toward Airmen within the aircraft armament systems and munition systems, and gave a glimpse of how VR/AR applications can aid in providing an enhanced experience to Airmen preparing aircraft for combat missions.

Aircraft armament systems Airmen are responsible for maintaining launch and release devices on aircraft. This means that when a pilot pulls the trigger, the devices successfully launch away from the aircraft toward the intended target. Munitions systems Airmen are responsible for the assembly and processing of non-nuclear munitions. They handle, store, transport, arm and disarm weapons systems to ensure the safety of all Airmen involved in preparing aircraft sorties.

These two groups of Airmen operate in a complex work environment where aircraft up-time is paramount. VR/AR technology may present a unique way for the Air Force to ensure every Airman can get the training they need, catered to the individual’s preferred method of education.

“It’s a way to build the readiness and experience level by leveraging advanced technologies,” said Chief Master Sgt. John Jordan, 2W1 aircraft armament career field functional manager, Headquarters Air Force A4/A4LW. “In the past, we received this level of experience because the weapon systems were in need of constant repair and maintenance. Now, our systems are more advanced, and it’s hard to practice difficult repairs.

“We can build our skillsets and proficiency faster,” he continued, “by not having an aircraft break to perform the training. We could break one virtually at any time, any place. VR/AR is a unique way to fully train while still maintaining our mission capable rate.”

In this demonstration, Air Force leadership experienced an immersive VR training scenario, donned a head-mounted display for AR application and used hand-held devices for an AR training scenario.



U.S. AIR FORCE PHOTO BY TECH. SGT. DARYL KNEE

A demonstrator shows how augmented reality can be used to view floating dialogue boxes for individual parts of a mock missile during a demonstration Jan. 8 at Joint Base Langley-Eustis, Va. Augmented reality is one way Airmen could use advanced technology to enhance their training in the field.

The immersive VR scenario allowed users to walk inside a hangar with a piece of munition positioned for maintenance. The user could look around the hangar, interact with the munition, pull up the technical order in a full-view mode or even watch a video of someone successfully installing that specific item on the munition. Essentially, the person could take apart and reassemble a bomb in the middle of the conference room.

“The younger Airmen have a natural draw to this type of technology,” said Master Sgt. Ron Levi, ACC A4WC munitions policy manager. “In a classroom setting, VR/AR could allow instant immersion into the field to help those Airmen understand the content better, faster.”

In Air Force technical schools, newly enlisted Airmen must attend classes and complete assessments to learn how to perform their duties, said Levi. If the Air Force fully implements VR/AR into its training processes, the students could have virtual hands-on experience much earlier in their careers, which could bridge the training-to-experience gap challenge that the Air Force now faces.

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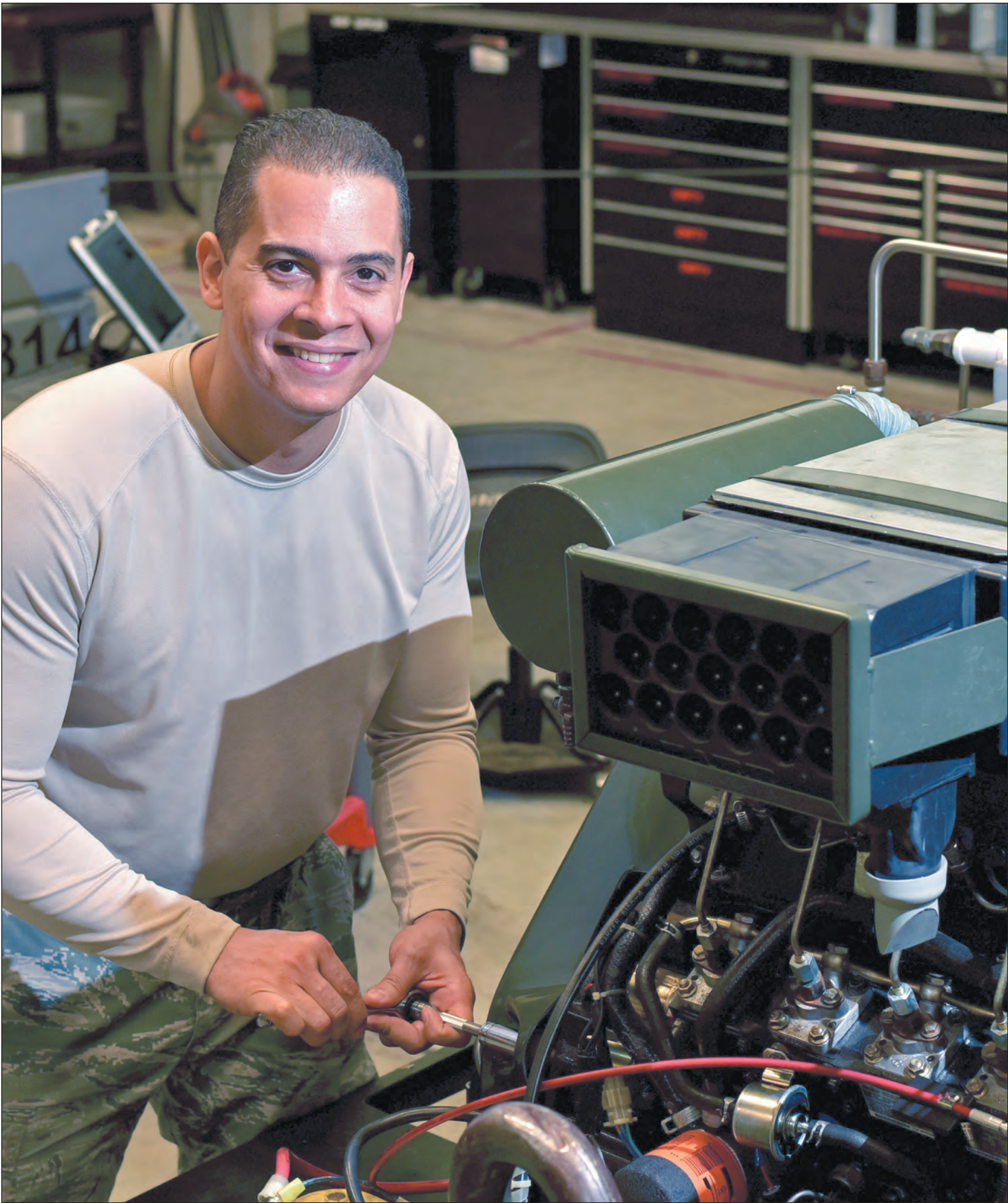
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# COMBAT AIRLIFTER OF THE WEEK



U.S. AIR FORCE PHOTO BY STAFF SGT. JEREMY MCGUFFIN

**NAME AND RANK**

Airman First Class Moises Garrido

**UNIT**

19th Maintenance Squadron

**DUTY TITLE**

Aerospace Ground Equipment

Apprentice

**HOMETOWN**

San Juan, Puerto Rico

**TIME IN SERVICE**

15 Months

**TIME AT LITTLE ROCK**

8 Months

**GOALS**

Gain CCAF and complete requirements for Air Force Nurse Commissioning Program.

**HOBBIES**

Time with family, working out at the gym, cooking and Facetiming with his 4-month-old grandson.

**AIR FORCE CORE VALUE**

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Service Before Self

**HOW DOES THE INDIVIDUAL**

**PORTRAY THE CORE VALUE?**

Garrido enlisted at 37 years old with his 18-year-old son to serve his nation. “Grandpa Garrido” is a role model for his peers and shares his life knowledge and experience. He and his family are great contributors to the profession of arms.



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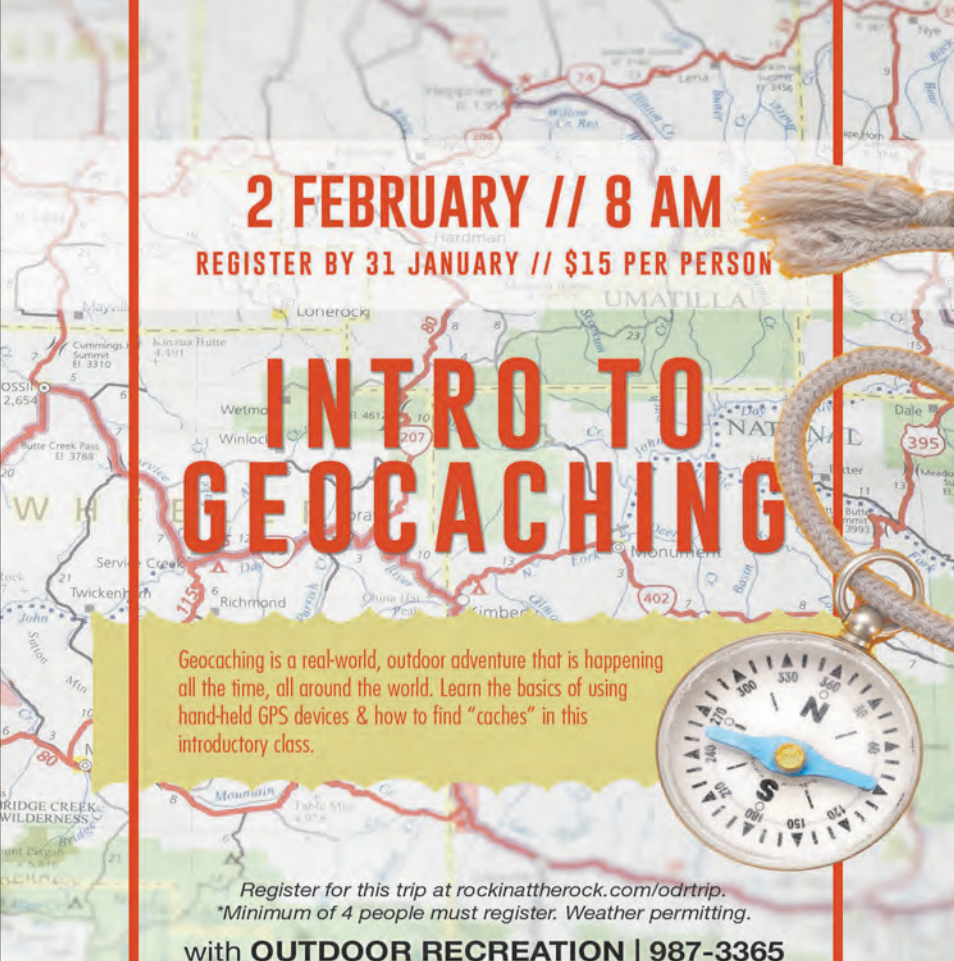

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# Student 2 Student: Sponsoring America's future

By Airman 1st Class Rhett Isbell  
19th Airlift Wing Public Affairs

The first day at a new school—for most students it can be a hard adjustment, but for children of U.S. Armed Forces members it is a common struggle.

Now for those students coming to Little Rock Air Force Base, Arkansas, they won't have to worry about feeling isolated in a new city on their first day of school thanks to the "Student 2 Student" program.

"Student 2 Student is an ambassador program that welcomes our military-connected students," said Shenese Broadus, Little Rock Air Force Base school liaison officer. "We ensure our teachers are aware that our military-connected students are coming in and welcome them to the school by showing them around and getting them familiar with the school policies."

Last week, teams of students and adult school staff members from local schools met in Little Rock for two days of training by members of the Military Child Education Coalition. The S2S program was brought to Arkansas to combat the difficulties experienced by military children during permanent changes of station by having students and teachers guide them through their new school experience.

"I'm excited to do this because we don't have a

program like this at my school," said Ricky Moore, S2S trainee. "My friends and I would already sort of greet new kids, but it's nice to have an official program supporting us."

Efforts are being made by Team Little Rock leaders to strengthen partnerships with local educators and advocate for improvements in this key quality-of-life focus area. Utilizing both students and teachers as part of this warm welcome, the S2S program works to support the peace of mind of parents and guardians of children.

"One of the concerns brought up by parents is that once they PCS, it's hard for their children to make friends," Broadus said. "We were taught here today that there's a two-week time period to really make friends and the S2S program will give them a baseline for achieving that."

After absorbing a plethora of knowledge and familiarization techniques, Broadus was confident she and the other trainees would be able to provide support to new students in need of some friendly guidance.

"I'm really excited about this, and we've already received some great feedback on the program from students," Broadus said. "In the military everyone has sponsors when they go to a new base, and this is like a sponsor program for the kids. It allows a child to immediately feel like a part of the community."



U.S. AIR FORCE PHOTOS BY AIRMAN 1ST CLASS RHETT ISBELL

Terena Woodruff, Student 2 Student trainee, whispers positive encouragement to Amaia Allen, Student 2 Student trainee, during a group exercise in Little Rock on Jan. 16. Students were encouraged to create their own activities to help new students feel welcome at their school.

(Inset) Julie Middlestaedt, Military Child Education Coalition student trainer, teaches volunteers about the Student 2 Student program in Little Rock on Jan. 16. Middlestaedt guided both students and teachers through a two-day curriculum focused on helping new students recently moved by a permanent change of station.



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# Walk of Remembrance

Remembering Martin Luther King Jr.

U.S. Air Force photos by Airman 1st Class Rhett Isbell

(Above) Team Little Rock members take part in a Martin Luther King Jr. Day walk of remembrance on Little Rock Air Force Base on Jan. 18. The walk was meant to remind people of Martin Luther King Jr.'s contributions to the Civil Rights Movement.



Team Little Rock members gather outside of Herk Hall before a Martin Luther King Jr. Day walk of remembrance on Little Rock Air Force Base on Jan. 18. Martin Luther King Jr. was a leader of nonviolent activism in the Civil Rights Movement.



(Above) Rev. Kevin Kelly, Martin Luther King Jr. Day event guest speaker, listens as he is announced to the awaiting crowd on Little Rock Air Force Base on Jan. 18. Kelly was chosen to speak on the principles and ideals held by Martin Luther King Jr.

(Left) Reverend Kevin Kelly, Martin Luther King Jr. Day event guest speaker, speaks about togetherness on Little Rock Air Force Base on Jan. 18. Attendees of the event were treated to a recitation of Martin Luther King Jr.'s "I Have a Dream" speech.



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# Black Knights move at speed of war

BY AIRMAN 1ST CLASS KRISTINE M. GRUWELL  
19TH AIRLIFT WING PUBLIC AFFAIRS

Team Little Rock will have nearly 500 Airmen deployed around the world by the end of January 2019 from Little Rock Air Force Base.

While Little Rock Airmen deploy as full units containing hundreds of personnel on a regular basis in support of various missions overseas, they also go downrange as individuals or small groups on short notice deployments. Many of these Airmen perform duties in line with their Air Force Specialty Code, much as they would home at LRAFB.

"I will support comptroller operations for regulating and dispersing money to our service members who conduct business with local nationals," said U.S. Air Force Senior Airman Tyler Debonee, 19th Comptroller Squadron financial operations technician "This supports the financial piece of the mission downrange."

These deployers compliment contingency operations around the globe in addition to the large groups of Airmen who depart supporting combatant commanders.

"Our Airmen are scattered throughout the globe supporting numerous missions," said U.S. Air Force Col. Jennifer Allee, 19th Mission Support Group commander, speaking about the men and women of the 19th MSG who are among those deploying in January. "This requires them to build new teams with service members from other installations across multiple domains to accomplish the mission. In the process, they become ambassadors for Little Rock Air Force Base as a part of the joint fight."

A large contingent of those deployed from LRAFB are supporting Operation Freedom's Sentinel and NATO's Resolute Support, including Airmen from the 19th AW who deployed earlier in January alongside reservists from the 913th Airlift Group.

Although deploying overseas may seem like a daunting endeavor, Black Knights remain prepared through rigorous base-wide readiness training and large-scale exercises.

"We have collectively been developing our readiness over the last year, which has improved those skills our deploying Airmen will need downrange," said U.S. Air Force Col. Gerald Donohue, 19th AW commander. "Our Airmen are unmatched in their training and execution of the mission, and they will be ready for the challenges to come in supporting our nation's defense abroad."

These sustained efforts help promote a warfighting mentality, while developing and honing those skills that make Airmen more agile

and lethal. As a result, approximately 94 percent of 19th AW Airmen are prepared to deploy at a moment's notice.

"All my training has prepared me for this," Debonee said. "But I look forward to seeing what else I can learn from this experience."

A sustained focus on deployments has highlighted the unique nature of Team Little Rock's singular focus on the combat airlift enterprise. One key element of this focus was called to action when a maintenance team was dispatched to Canada to make rapid, necessary repairs to a departed C-130J Hercules full of Little Rock Airmen en route to the U.S. Central Command area of responsibility.

"The aircraft maintenance business is very dynamic and fast-paced. We perform scheduled and unscheduled maintenance so that our airlift squadrons can execute their primary mission," said U.S. Air Force Chief Master Sgt. Kevin Richardson, 19th Maintenance Group superintendent. "We are also postured to quickly handle any unforeseen aircraft discrepancies away from Little Rock AFB. Recently we sent out a team to repair an aircraft which was en route to its deployed location. Our technicians ensured the aircrew was able to arrive in the AOR and conduct operations downrange."

Black Knights never leave a Wingman behind, including Airmen's families. Over the course of a deployment, the Airman & Family Readiness Center will have numerous events and amenities available for deployed members' dependents.

A few of the support systems for dependents of deployed members include: the Deployed Family Dinner hosted once per quarter; a free oil change voucher; and 'Give Parents a Break,' a program through the Child Development Center that offers a Saturday of free childcare to families of deployed Airmen.

"Assisting loved ones left behind is crucial for the readiness of LRAFB and associated deployed locations," said U.S. Air Force Master Sgt. Robert Wellborn, 19th Force Support Squadron NCO in charge of readiness. "A deployed service member can provide the lethal airpower needed when they are content knowing their loved ones back home are being taken care of."

In the meantime, Little Rock's combat airlift mission will carry on with Airmen working each day to sustain the nation's capability of rapid global mobility.

"Our Airmen find innovative ways to fill in to ensure the installation does not miss a beat," Allee said.



Team Little Rock Airmen walk through early morning fog toward a C-130J before taking off for Operations Group, 19th Logistics Readiness Squadron and the 913th Airlift Group recently dep



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS KRISTINE M. GRUWELL

(Above) U.S. Air Force Staff Sgt. Jason Wagner, 19th Operations Support Squadron aircrew flight equipment, hugs his son, Preston, before leaving for a deployment from Little Rock Air Force Base on Jan. 7. Airmen from the 19th Maintenance Group, 19th Operations Group, 19th Logistics Readiness Squadron and the 913th Airlift Group recently deployed to Southwest Asia.

(Right) A snow plow clears the snow from the taxi way at St. John's International Airport in Newfoundland and Labrador, Canada, on Jan. 9.





U.S. AIR FORCE PHOTO BY AIRMAN FIRST CLASS AARON IRVIN

their deployment from Little Rock Air Force Base on Jan. 8. Airmen from the 19th Maintenance Group, 19th  
loyed to Southwest Asia.



U.S. AIR FORCE PHOTO BY STAFF SGT. CHRISTOPHER JACKSON

Senior Airman Christopher Patrick, 19th Aircraft Maintenance Squadron aircraft electrical and environ-  
mental systems journeyman, replaces a shut-off valve in the armpit panel of a C-130J at St. John's Interna-  
tional Airport in Newfoundland and Labrador, Canada, on Jan. 9.



U.S. AIR FORCE PHOTO BY STAFF SGT. CHRISTOPHER JACKSON



U.S. AIR FORCE PHOTO BY STAFF SGT. CHRISTOPHER JACKSON

Maintainers from the 19th Aircraft Maintenance Squadron refuel  
a C-130J at St. John's International Airport in Newfoundland and  
Labrador, Canada, on Jan. 9.



# LRAFB joins fight against opioid crisis

*Courtesy of Capt. Christina Lyon  
19th Medical Group*

According to the Centers for Disease Control and Prevention, on average 130 Americans die every day from opioid overdose. Over the past 10 years, there has been growing concern regarding misuse and overdose with prescription opioids and benzodiazepines. Active-duty and veteran service members are at an increased risk when compared to the civilian population due to the higher level of chronic pain and mental health disorders.

Opioid Crisis by the numbers (National Institute of Health):

- Roughly 21-29 percent of patients prescribed opioids for chronic pain misuse them.

- 8-12 percent of patients develop an opioid use disorder/addiction.

- 4-6 percent of patients who misuse prescription opioids transition to heroin for pain management.

Opioids are pain medications that are commonly prescribed to treat acute pain following an injury or surgery. While opioids have been shown to be effective in treating moderate to severe acute pain, their use for long-term chronic pain is less effective and carries increased risk for adverse effects. Prolonged use of opioids can lead to dependence, and when misused, can lead to addiction, accidental overdose and death. The most common opioids prescribed include: hydroco-

done (Norco/Vicodin) and oxycodone (OxyContin/Percocet).

A 2014 study evaluating post-deployment Soldiers revealed 44 percent suffered from chronic pain (pain greater than three months) and 15 percent reported using prescription opioids to manage this pain. In 2016 the CDC released "Guidelines for prescribing Opioids in Chronic Pain Management", which has prompted a paradigm shift encouraging providers to utilize non-opioid and non-pharmacologic ways to manage chronic pain. In a response to the increasing fatal overdoses, there has been new legislation increasing access to the opioid reversal agent, Naloxone (Narcan). Narcan is a medication that will temporarily reverse the sedating effects of opioids. Because this medication is only a temporary reversal agent, it is imperative that if used, the person call 911 or seek appropriate medical care for more definitive treatment. Arkansas has created a Naloxone Protocol that allows pharmacists to dispense Narcan without a prescription to opioid addicts or those who know someone who is at risk for opioid overdose. For more information regarding this life-saving medication, feel-free to initiate a discussion with your 19th Medical Group provider or pharmacy staff. The 19th MDG pharmacy can issue Narcan under the AR Naloxone Protocol.

In conjunction with the opioid crisis, there has been growing concern regarding

the use of benzodiazepines among service members. Benzodiazepines are a prescription sedative that can be prescribed to treat anxiety, insomnia, and post-traumatic stress disorder. Common benzodiazepines include: diazepam (Valium), alprazolam (Xanax), and clonazepam (Klonopin). Like opioids, benzodiazepines have a high risk of dependence, addiction, and fatal overdose. These medications are particularly dangerous when combined with opioids or alcohol, due to their ability suppress breathing and cognitive function. Per the NIH in 2015, 23 percent of people who died from opioid overdose also tested positive for benzodiazepines. The CDC's recent guidelines discourage providers from prescribing opioids and benzodiazepines concurrently. Additionally a Food and Drug Administration "black box" warning has been added to these medications to expose the dangers of using them together.

In 2012, the Department of Defense expanded the urine drug test panel to include opioids and benzodiazepines. Expansion of the panel has unveiled the misuse of prescription medications among service members. These medications are commonly misused when they are taken more frequently, taken in a larger quantity, or taken for a different indication (for example, using opioids prescribed for dental surgery to treat chronic back pain or to attain a "high"). Per the CDC, more than 11.5 million Americans reported misusing prescription opioids in 2016. Not only is misuse of prescription opioids dangerous from a health perspective, it is subject to legal ramifications. Inappropriate use of prescription drugs is a military readiness issue due to the risk for addiction and mind-altering properties that interfere

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# Reality

Continued from page 2

The in-garrison mission may be different from the deployed mission, said Jordan. That gap can become noticeable if an Airman who has a home-station duty on a certain airframe or munition deploys and must work with unfamiliar equipment or in a joint environment. VR/AR could be used as recurrent or just-in-time training to bolster the combat capabilities of those deploying Airman.

Demonstrations like these are made possible through AFWERX, an Air Force program designed to combat today's challenges through innovation and collaboration among

the nation's top subject matter experts. It's a way to increase combat capability and solve complex national security issues by partnering with academic institutions, science and technology communities, and private industries.

AFWERX sponsored a small business innovation research special topic, and Vectrona Innovative Systems and Technologies earned a grant to conduct a demonstration of VR/AR applications for weapons and munitions systems training. Vectrona then partnered with Ario to create the backend platform to house the application. The company is in phase 1 development, which is an analysis to assess technological and operational feasibility, and will report its progress and findings back to AFWERX in early February.

# Fight

Continued from page 10

with the service member's ability to complete the mission.

At Little Rock Air Force Base, we are joining the national efforts to combat this public health crisis. The 19th MDG providers adhere to the CDC's guidelines for prescribing opioids. The 19th MDG pharmacy has a site for safe disposal of unused prescriptions, further preventing the opportunity for misuse. Additionally, the 19th MDG offers the Alcohol and Drug Abuse Prevention and Treatment program to promote readiness and health through the prevention and comprehensive treatment of substance abuse problems.

In order to join efforts in combating the opioid crises and ensure mission readiness, this call to all Airmen to utilize the resources available throughout the 19th MDG to decrease opioid misuse, addiction, and fatal overdose.

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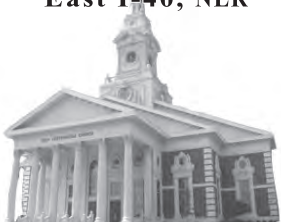
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Only **ONE FREE AD PER ISSUE**, up to **20 WORDS**. Ads will run for two weeks. The word limit does not include names, addresses and telephone numbers. Late ads will be held until the next week for publication. **FREE ADS WILL BE RUN ON A SPACE AVAILABLE BASIS.** Terms are limited to selling or trading. Excludes all ads described under the terms of PAID Classified Advertising. Personals will not be accepted.

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## ITEMS FOR SALE

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16' ALUMINUM extension ladder, \$45. (501) 804-8881, Ward.

5-DRAWER TOOL chest w/large bottom cabinet, \$30; new drill bits, \$30 ea. (501) 322-6894, Steve.

BRITANNICA ENCYCLOPEDIA, set of 58, 1985 to 1997, black & red leather cover, good condition, \$300. (501) 813-5409, Bernice.

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GENERATOR, 4000XL, good condition, \$300. (501) 266-1408, Lonoke.

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LG. CAPACITY GE washer/dryer, frontload, only a few mos. old, like new, \$1,600.; side kick stainless steel refrigerator/freezer, lg. capacity, new in plastic, \$800 obo.; Kenmore, white side by side, water & ice in door, \$300 obo.; med. off-white chest freezer, \$70 obo.; med. size color TV, \$25 obo.; lg. TV, \$35 obo., both work great. Smoke free, clean & ready to go. Serious inquiries only. (501) 944-5346.

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## HOUSES FOR SALE

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**GREAT 3 BEDROOM 2 BATH HOME OVER 1,700 SQ. FT.**, hardwood floors, 2 living areas. Nice eat in kitchen with lots of cabinets and a pantry. This home sits on 3 lots. 308 N. Grove Street, Hazen ~ \$78,000.

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